


Femorales

Idincru	88
Titulo	Patada en maquina o polea Glúteos
Detalle	con maquina - poleas o bandas
	 A woman in black athletic wear is shown in a quadrupedal position on a white surface. She is leaning forward with her forearms resting on the ground. Her right leg is extended straight back and upwards, with her foot pointing towards the ceiling. This is a classic glute kick exercise used to target the gluteus muscles.
Grupo	5.0000